

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

Post Procedure Instructions: **Standard SmartSkin Micro-Ablative**

(1-3 day downtime)

It is important to follow these instructions after treatment for optimal results. You will have little to no discomfort when these instructions are followed.

DURING FIRST 24 HOURS POST-TREATMENT:

- Use ice/cold packs every two hours for 20 minutes maximum for swelling and discomfort.
- Cleanse area with Avene Tolerance Cleansing Lotion. Do not scrub.
- Use Avene Thermal Spring Water and vinegar soaks as needed. Vinegar Soak includes (1 tsp white vinegar per pint of tap water placed in refrigerator) for at least 15 minutes 3–4 times a day.
- Cover treated areas with Avene Cicalfate Restorative Skin Cream every two hours.
- Keep your head elevated by using two or more pillows when lying down.

AFTER FIRST 24 HOURS, FOLLOW THESE INSTRUCTIONS AS DIRECTED:

- You can continue to use ice/cold packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort.
- Continue taking all medications as directed by your physician.
- Your skin may feel sensitive and may have a red, pigmented and swollen appearance depending on the intensity of the treatment. The treated area may itch. If necessary, take Benadryl if needed for itching.
- Cleanse treated area twice daily Avene Tolerance Cleansing Lotion. Do not scrub.
- Continue to keep treated areas covered with Avene Cicalfate Restorative Skin Cream every 3-4 hours. This will decrease the healing time and minimize discomfort such as itching.
- Lightly spray the treated area with Avene Thermal Spring Water, as needed for moisture or comfort.
- If you feel pain 1-2 days after procedure, call the office.
- For a few weeks after treatment, avoid sun exposure, as well as tanning beds and tanning creams. Use the Avene SPF for Face when treatment area is exposed to the sun. If possible, wear a brimmed hat to further reduce sun exposure.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

1930 PINNACLE POINTE WAY, KNOXVILLE TN, 37922

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- Always call office promptly if there is any increase in pain or increase in skin redness.
- Following treatment, normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.
- Once you feel comfortable and healed, a normal skin care regimen, including makeup or shaving, can be resumed.
- If you have any questions about these instructions or the procedure, please contact our office.

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